



CITY MANAGER'S NEWSLETTER



Volume III Issue 8

February 26, 2016

SAVE THE DATE FOR COFFEE WITH THE CHIEF

Susan Borucki, Emergency Response Facilitator for the McHenry County Department of Health, will be the guest speaker at the March Coffee with the Chief meeting. Her topic will be *"Preparedness & You – Getting the Whole Community Ready."*

The meeting is scheduled for Monday, March 14, 2016 at 7:00PM in the Training Room at the **Woodstock Police Department**. Please join **Chief Robert Lowen** for an interesting and informative evening. All are welcome to attend.

BE READY – TORNADO SEASON IS COMING!



A properly built, high wind safe room can yield extra protection for you, your family, and your property from the intense wind storms and tornadoes which frequent the Midwest. A safe room can be created when planning a remodeling or renovation

project and can add to the value of your home's value. City building inspectors urge homeowners to "give an ordinary room an extraordinary purpose" by building or retrofitting interior space in their home to safe-room standards.

Tornado safe rooms are designed to withstand winds of up to 250 miles per hour, and offer lifesaving refuge for families in the path of high-wind events like tornadoes. Your closet, bathroom, laundry, or even an outdoor room like a garden shed or pool house can be enhanced to serve as a safe room. A safe room designed to meet standards set forth by the National Storm Shelter Association, the International Code Council, and FEMA and will stand up to the most intense tornadoes and storms. Contact Woodstock's building inspection staff to find out how you can be safer and have improved protection from nature's wrath!



- 2 Recruitment**
- 3 HAWA Perks**
- 4 Coffee at the Cafe**
- 5-7 Health News**

RECRUITMENT

School Crossing Guard (Limited Part Time/Seasonal) – Woodstock Police Department: The City of Woodstock is accepting electronic submissions for the position of **School Crossing Guard** with the Woodstock Police Department. **We are seeking two (2) regular School Crossing Guards and one (1) relief School Crossing Guard.** The crossing guard staff is responsible for six (6) dedicated school crossings in the City of Woodstock, providing for the safe transit of our community's children to and from school. Guards work Monday through Friday at a designated location during the school year. Most positions are scheduled in two shifts, 1 - 1 ½ hours in the early morning and 1-1 ½ hours mid-afternoon. Salary: \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, March 21, 2016 at 5:00PM.**

Water Meter Technician I – Public Works Department: The City of Woodstock is accepting electronic submissions for the position of **Water Meter Technician I** with our Public Works Department. The position performs a wide variety of manual labor duties and operates vehicles and equipment as required to read, install, and repair water meters; assists with sanitary sewer collection and water distribution maintenance; performs routine maintenance tasks; and other related duties as assigned. The position normally works Monday through Friday, 7:00AM – 3:30PM, with on-call assignments and overtime, as required. **English-Spanish bilingual ability is required for this position.** Salary: Starting salary rate is \$16.51 per hour in accordance with current Union contract. Position includes eligibility for full benefits package of group health insurance, benefit time and IMRF retirement plan. **Application Deadline: Friday, March 11, 2016 at 5:00PM.**

Chief of Police – Woodstock Police Department: The City of Woodstock is accepting electronic submissions for the position of **Chief of Police** with our Woodstock Police Department. The Chief of Police plans, directs, coordinates, and controls all aspects of the Woodstock Police Department including the enforcement of laws and ordinances, crime prevention, and law enforcement assistance for protection of life and property. The work is performed under the direction of the City Manager. This is an exempt position. Salary Range: \$87,690 – 136,117 DOQ with excellent benefit package. **Application Deadline: Tuesday, March 1, 2016 at 5:00PM.**

Summer Seasonal Positions: The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock Water Works. Work shifts will include days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late spring.** Pay rate to be determined, but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides)
- **Playground Program Counselors:** Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communication with participants' parents on a regular basis. Counselors ensure safety of campers at all times. Minimum age is 16. Experience working with elementary school aged children is preferred. **This position requires attendance at the training session the first week of June and the ability to work during the entire 7-week session that runs**

thereafter. Tentative Dates: May 31st – June 3rd (Training Week) and June 6th – July 22nd (Program). Pay rate to be determined but will be at least \$8.25/hour.

- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30PM., Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined but will be at least \$8.46/hour.

Application Deadline for Summer Seasonal Positions: Friday, March 4, 2016 at 5:00PM.

Please refer to the City's website at www.woodstockil.gov and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

HAWA PERKS

If you participated in the HealthPoint Check-Up, **March 15th** is the deadline by which 100 points must be earned to receive a full calendar years' worth of applicable premium reductions (if 100 points are earned after this date, the premium reductions will be prorated by the number of full calendar months remaining in 2016).

Questions? Contact the **HR Department: Deb Schober** at ext. 11203 or **Jill May** at 11206.

DODGEBALL CLUB IS A BIG HIT

The winter session of the **Recreation Department's Dodgeball Club** offered two classes with a total of twenty-eight kids ages seven to eleven enrolled ready to duck, dodge and throw until they get pummeled.

The program runs at the Recreation Center until March 15. Fee for the class is \$25 for residents and \$37 for non-residents.

COFFEE TALK FROM THE CAFÉ IN FEBRUARY

City Manager Office Assistant Monica Amraen and **Recreation Program Coordinator Becky Vidales** plan and coordinate events, speakers, lunch and bingo every Tuesday for seniors. Between 25 and 30 seniors attend each week. The program is free of charge and held at **Stage Left Cafe**.

February programs included a White Elephant Dice game, a Chinese Buffet, Bingo with chocolate-themed prizes and an afternoon of Show and Tell sharing pictures and stories about their loved ones.

The City partners with Hearthstone Communities once a month on the 4th Thursday of each month. This past Thursday the seniors were treated to a Mardi Gras luncheon at Hearthstone featuring a Cajun buffet. Next month we will gather at Hearthstone for a Bingo Bash which will include lunch and the chance to win themed-baskets. Once again **Chief Lowen** has graciously agreed to be the Bingo caller.



Quotation

**AFTER THE VERB TO LOVE, TO HELP IS THE MOST BEAUTIFUL VERB IN THE WORLD. -
BERTHA VON SUTTNER**

MEETINGS

Tuesday, March 1- City Council, 7PM, Council Chambers
Thursday, March 3 – Library Board, 7:30PM, Public Library

THE BEST AND WORST FOODS FOR YOUR CHOLESTEROL LEVELS

At one time, it was thought that cholesterol-rich foods—like red meat and eggs—contributed to high cholesterol in the blood. But newer research shows that the connection between high cholesterol foods and high cholesterol in the blood isn't as clear as medical experts once believed.

Cholesterol 101

Cholesterol is a waxy, fat-like substance that's found throughout the body. Some is manufactured by your liver, and the rest comes from cholesterol in the food you eat. Only animal-based foods, like meat and dairy, contain cholesterol.

Researchers used to think that eating foods high in cholesterol caused the buildup of plaque, which contains cholesterol, in the arteries. Clogged arteries restrict the flow of blood to the heart, which ups your risk of a heart attack. This is how dietary cholesterol was linked to the development of heart disease. Warnings about eating high cholesterol foods followed.



But lately the link between dietary and blood cholesterol has been questioned, and in 2015, the updated Dietary Guidelines for Americans dropped its warnings about dietary cholesterol as a substance that causes heart disease. That doesn't mean high blood cholesterol levels are good for you, however. It simply means that the cholesterol you get directly from food isn't necessarily the cause of high levels in your blood. So while meats, eggs, and other foods that contain cholesterol can still raise your blood cholesterol levels, today it's thought that other substances within those foods, such as the type of fats they contain, as well as how much of these foods you eat, is what causes high cholesterol.

What are the substances that contribute to increased cholesterol levels, and in what foods are they found?

1. Foods High in Saturated Fats

Saturated fats, found in the same foods that contain cholesterol (like meat, butter, eggs, full-fat dairy products and some tropical oils, such as palm oil) can raise harmful LDL (low density lipoprotein) cholesterol levels in your blood. Some experts now believe this only matters if you eat too many of these foods, and if the fat in these foods is also contributing to overweight or obesity.

2. Margarine and Other Butter Substitutes

These spreads contain trans fats, which are formed when liquid oils are converted to solid fat. Trans fats can raise LDL cholesterol and, at the same time, lower protective HDL cholesterol. Check the Nutrition Facts box on food labels to find out if there are any trans fats in the processed foods you eat, and check the ingredient list for hydrogenated oils or fats—a primary source of trans fats.

3. Sweets, Especially Commercially Prepared Baked Goods

Added sugar in foods is linked to increased LDL cholesterol levels and also to inflammation in general and of cholesterol particles, making them even more dangerous to the health of your arteries and heart. Commercially prepared cakes, cookies, crackers, and pastries tend to contain lots of added sugar as well as trans fats.

4. Pasta and Other Starchy Carbs

When it comes to foods that increase your risk for developing atherosclerosis (the hardening of the arteries caused by the buildup of cholesterol and other substances), heart disease, and other medical conditions, some of the worst offenders are foods that contain no cholesterol at all.

Starchy carbohydrates play a bigger role than fat in determining how cholesterol can harm your health, according to cardiologist William A Tansey III, MD, of Summit Medical Group in New Jersey. Starchy carbs, like pasta, are sources of sterols, which are converted in your body into fats known as triglycerides. Triglycerides are ultimately responsible for the toxic effect cholesterol has on your blood vessels.

“Limit the ‘whites’ in your diet,” Tansey advises. “[White] rice, potatoes, bread, and pasta are all sources of sterols.”

Foods That Lower Cholesterol Levels

With all the focus on foods that can raise cholesterol levels, don’t forget that foods that are high in soluble fiber—the type that forms a gel in your gastrointestinal tract and slows down digestion—actually help lower your cholesterol levels. Soluble fiber binds with cholesterol in your gut and prevents its absorption into your bloodstream. Most high-fiber foods contain some soluble fiber and some insoluble fiber, but only soluble fiber affects cholesterol levels.

Foods that are high in soluble fiber include:

- Avocados
- Barley
- Brussels sprouts
- Figs
- Flaxseed
- Oat bran
- Oranges
- Nuts
- Seeds
- Legumes (beans, lentils, and peas)
- Sweet potatoes

Finally, when sizing up foods and deciding which are best for you, focus on eating a variety of foods in reasonable portion sizes, not on the cholesterol content of individual foods.

Beyond Food

Food isn’t the only factor that affects your blood cholesterol levels, and it’s not the only one you can control. Weight gain, lack of exercise, and smoking can all have a negative impact on your cholesterol levels. At the same time, losing weight, being physically active, and quitting smoking, if necessary, can all help maintain your cholesterol at the healthiest possible level. Making healthy lifestyle choices can even allow you to control blood cholesterol without the need for medication.

“Weight loss is a very effective strategy for lowering blood cholesterol levels,” says Lauri Wright, Assistant Professor of Nutrition at University of South Florida, Tampa, and spokesperson for the Academy of Nutrition and Dietetics. “Just a 7- to 10-pound loss will lower your cholesterol and your risk of developing heart disease.”

© 2016 Susan McQuillan, MS, RDN, CDN, Qualityhealth.com

**Want to Start to Get Healthy with an
Exercise Program?**

City of Woodstock employees receive an employee discount at the
Woodstock Recreation Center. The initiation fee is waived!
**Executive membership is \$35 per month. Full membership is \$25
per month.** Try a week for free! For more information, contact Mary
Lynn Lisk or Renee Torrez at 815-338-4363 or visit
www.woodstockrecreationdepartment.com
for more information.